



# SACRED HEART CATHOLIC VOLUNTARY ACADEMY



## Newsletter Lent Term 2.1



‘PUPILS ENJOY SCHOOL’



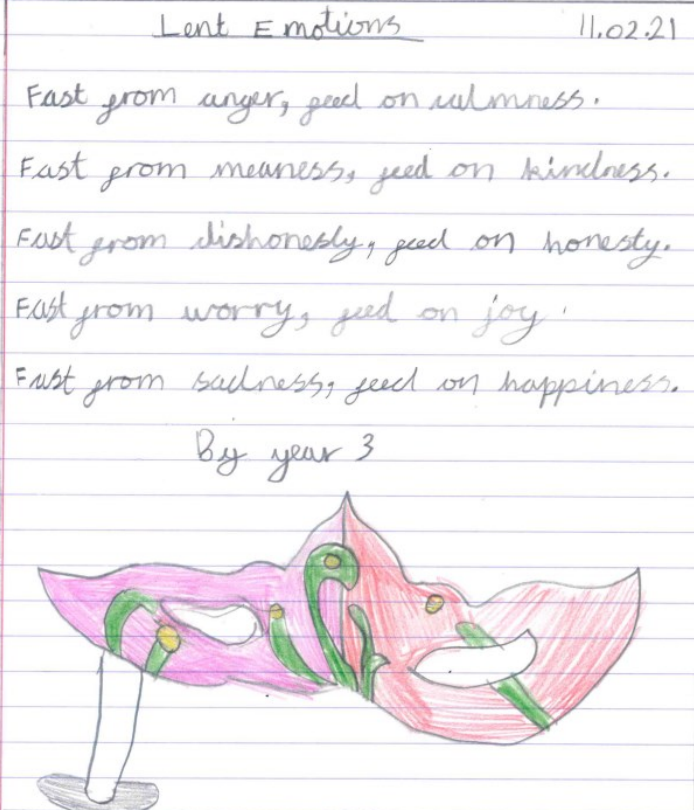
‘PUPILS RELISH CHALLENGE’

“PUPILS ACHIEVE WELL”



## Lenten Mardi Gras

This year we have decided to take a different approach to the holy season of Lent. We have researched celebrations and fasting around the world, investigated symbolism in colour, water, religious art and nature and held our own colourful Mardi Gras festival to herald the season of fasting and contemplation. We have all needed to 'dig deep' and find inner reserves of strength as the pandemic continues to affect every aspect of our lives. The children are deepening their understanding and 'calling' as active disciples with their eco awareness project, letter to the MP inspired by Marcus Rashford, weekly international news bulletins and independent Lenten research projects. We continue to consider how we can fulfill our calling as active Christians. Our next step is to invite the Baca charity Human Rights Lawyer to deliver a speech about the young people affected by displacement. The weekly Praise Powerpoint presentation can be found on the website under 'Catholic Life'.



## Children's Mental Health Week

Last week saw the children at Sacred Heart taking part in Children's Mental Health Week. Each day the children were sent either a story or an activity to help them find different ways of expressing themselves. We rounded off the week with a beautiful, whole school meditation led by Mrs Rutledge and Mrs Genco-Billington. It was wonderful to have so many children and adults participate, and I think we can all agree that to sit and clear our minds just for a short while was very much needed.

We hope you all enjoyed the activities and that just maybe you found a new way of expressing yourselves, or an activity that encourages you to talk about your emotions and your feelings.

Please do share with me any ideas that you have that help you to express yourselves.

Harrison– Y1



Isla – Y1



## ELSA

I have selected some emotional literacy resources for you and your child's enjoyment should you wish use these to compliment their learning. These are purely suggestions that you may wish to dip in and out of, just for something different to do or because you feel that your child may benefit from some emotional literacy support. I will endeavour to submit resources that have caught my attention because they are relevant or fun. If you feel there is something specific that you would like resources for please do contact me via Class Dojo, alternatively here is the link to the ELSA support website ran by the outstanding Debbie Palphreyman. There is an abundance of free resources that you might like to try:

**You may need to copy and paste the following links into your toolbar to access the site or alternatively search ELSA support which should take you directly to the main page.**

This link is for the main ELSA support page.

<https://www.elsa-support.co.uk/>

The following link gives you 5 ways to well-being. It states key stage 2 and upwards but I wouldn't hesitate to use lots of these suggestions with children in foundation stage, up to year 6.

<https://www.elsa-support.co.uk/5-ways-to-wellbeing/>

The second link is an interactive power point, a light-hearted game where you can choose and click on the coloured squares. Each square reveals a word such as food and you have to think of five foods and so on.

<https://www.elsa-support.co.uk/give-me-five-powerpoint-game/>

I hope that you enjoy the above activities.

Regards,

Mrs Genco-Billington.



## Caring for our animal friends

Last week on NDCYS we had Betsy Year 2 and Dylan Year 2 both appearing and showing how they “care” for the animal wildlife and our environment.

[Discipleship – Monday Missions – Truespirit \(aquinas-cmat.org\)](https://www.truespirit.org/missions/monday-missions) This is the link for this week's mission "heal".

Scroll down on the link and you will see Dylan and Betsy featured.

“Dylan from Sacred Heart, showing that he cares for animals by feeding the ducks in his local park. Betsy, from Sacred Heart in Loughborough, has been caring for the environment by litter picking in a beauty spot near her house. She wanted to do this to take care of the planet as well as the animals who live in it. Betsy has decided that she wanted to begin her own “Respect The Environment Campaign” to encourage others to take their litter home & protect the wildlife. She is currently still working on a logo. Let us know how you get on Betsy, that sounds fantastic!”.



NDCYS  
Friday  
Night Live

Follow us on social media @NDCYS



## Parent Forum

The Parent Forum was a valuable exchange of a parental perspective of home learning across the school. We were able to tackle some issues raised immediately (please see the overview). Our next step is to host 'Child Led Conferencing'. This will be similar to Tea and Targets in that the child will participate/lead but the teacher will steer the discussion towards targets in order to reach end of year expectations. We have purchased 'School Cloud' communication programme to facilitate the 10 minute schedule arrangement. Sessions will be booked week commencing 1st March-12 March.

## Creative Prayer

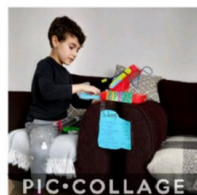
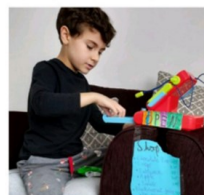
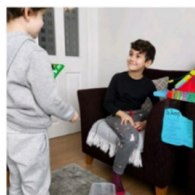
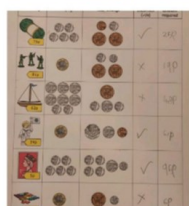
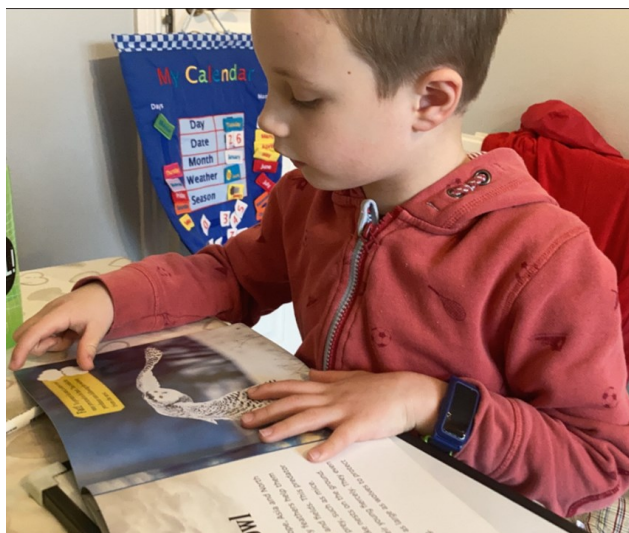


I put the rainbow in because the rainbow has many parts for it to shine its beauty and if we are together, then God love will shine out. The brick wall is to symbolise us sticking together just with kindness and caring just like cement. The stars shine out of the darkness showing the good shining out of the evil. The heart is there to show that the love that God gives us. Finally, the dove shows God's peace that we need to have in this earth. This shows you that beauty can shine through, even in the darkest of spaces. The cracks represent the how we are all parts of one body.



## Home Learning

We are so impressed with how well children are working at home. Keep it up for a little longer.



## Reception

The children love learning through The Gruffalo book.



## Year 1—Hand Puppets

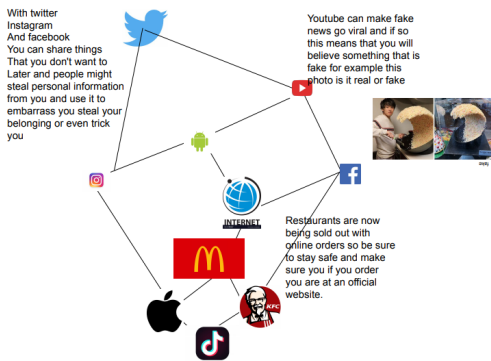
The children in school and at home enjoyed sewing and making sock puppets in their Design and Technology project



## Safer Internet Day 2021: An internet we can trust

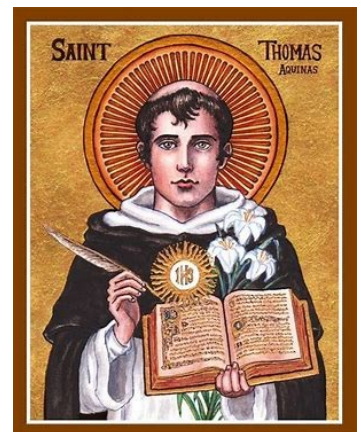


Along with the world, we celebrated Safer Internet Day on Tuesday 9<sup>th</sup> February. We celebrated the great things about being online and reminded ourselves how to stay safe. The main focus was trust. Trust is when we have a strong belief that someone or something is honest and tells the truth. We discussed, 'Can we trust everything we see online?' and concluded that although there is lots of great information online that is useful and trustworthy, it's important to remember that there is also information online that is not so trustworthy and may even been there to try and confuse or persuade us. Children became internet detectives and produced posters to help themselves and others make the internet a place we can trust.



## St Thomas Aquinas Feast Day

We celebrated Mass with Bishop Patrick on our MAT feast day held on 28th January. On 29th January the staff enjoyed a morning of spiritual nourishment with the speaker David Wells and singer Jo Boyce. Wells is the author of two witty Catholic reflective books: *The Reluctant Disciple* & *The Grateful Disciple*. His key message is that 'You are enough'.





## **Community Champion Award: Mrs Hall**

Mrs Hall was very moved to be named our community champion this term. Mrs Hall is a talented seamstress and crafter and made all members of staff several stylish cotton face masks to keep us all safe. Over the years, Mrs Hall has generously made teddy bears, sensory blankets and pillows for our 'Mindful Moments' room and raised money to purchase a school sewing machine. Mrs Hall donated her time, materials and care with love and is a deserving recipient for a public thank you.







**SACRED HEART  
CATHOLIC VOLUNTARY ACADEMY**

**S**IT UP



**L**ISTEN

**A**SK & ANSWER QUESTIONS



**N**EVER INTERRUPT

**T**RACK THE SPEAKER

